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## CLAIMS

What is claimed is:

- A treadmill comprising:
  - a frame;
  - a power supply;
  - a motor coupled to the power supply, the motor including
    - a shaft and a stator fixedly coupled to the frame,
      - at least one bearing coupled to the shaft, and
- a rotor coupled to the at least one bearing, the rotor including a portion that surrounds at least a portion of the stator; and
- a conveyer coupled to the frame and to the rotor, the conveyer being driven at a rotational speed that is different than a rotational speed of the rotor.
- A treadmill as set forth in claim 1 wherein the shaft and stator are a unitary element.
- A treadmill as set forth in claim 1 wherein the stator includes one or more wires that create a plurality of magnetic poles when the motor receives an electrical power, and

wherein the rotor includes a plurality of magnets operable to magnetically interact with the plurality of magnetic poles, thereby causing rotation of the rotor.

- 4. A treadmill as set forth in claim 3 wherein the rotor further includes a back iron.
  - wherein the magnets are coupled to the back iron, and
  - wherein the back iron includes a superfluous mass such that, when the rotor rotates, the superfluous mass produces kinetic energy for smoothing a shock load applied to the motor.
  - A treadmill as set forth in claim 4 wherein the back iron is a permeablemagnetic metal back iron.

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6. A treadmill as set forth in claim 5 wherein the rotor further includes at least one endplate, wherein the at least one endplate includes a second superfluous mass such that, when the rotor rotates, the second superfluous mass produces additional kinetic energy for smoothing the shockload.

- 7. A treadmill as set forth in claim 1 and further comprising a pulley-and-belt assembly having at least one pulley and at least one belt, the pulley-and-belt assembly coupling the rotor to the conveyer.
- 8. A treadmill as set forth in claim 7 wherein the pulley-and-belt assembly includes a first pulley coupled to the rotor, a second pulley coupled to the conveyer, and a belt coupled to the first and second pulleys.
- A treadmill as set forth in claim 1 and further comprising a gear assembly having two or more gears, the gear assembly coupling the rotor to the conveyer.
- 10. A treadmill as set forth in claim 9 wherein the gear assembly includes a first gear coupled to the rotor and a second gear coupled to the conveyer, wherein the second gear is driven by the first gear.
- 11. A treadmill as set forth in claim 1 and further comprising a sprocket-and-chain assembly having at least one sprocket and at least one chain, the sprocket-and-chain assembly coupling the rotor to the conveyer.
- 25 12. A treadmill as set forth in claim 11 wherein the sprocket-and-chain assembly includes a first sprocket coupled to the rotor, a second sprocket coupled to the conveyer, and a chain coupling the first and second sprockets.
  - A treadmill as set forth in claim 1 and further comprising a multiple-speedtransmission assembly coupling the rotor to the conveyer.

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- 14. A treadmill comprising:
  - a frame:

control circuitry including a power source;

- a motor coupled to the control circuitry, the motor including
  - a shaft and a stator fixedly coupled to the frame,
  - a rotor having at least a portion that surrounds at least a portion of the

stator: and

- a first pulley coupled to the rotor;
- a first belt coupled to the first pulley; and
- a conveyer having a second pulley coupled to the first belt.
- 15. A treadmill as set forth in claim 14 wherein the control circuitry includes a controller.
- 16. A treadmill as set forth in claim 14 wherein the shaft and the stator form a unitary element.
- 17. A treadmill as set forth in claim 14 wherein the rotor includes the first pulley.
- 18. A treadmill as set forth in claim 14 wherein the conveyer is driven at a rotational speed that is different than a rotational speed of the rotor.
- 19. A treadmill as set forth in claim 14 wherein the motor further includes first and second bearings coupled to the shaft, and
- wherein the rotor is coupled to the bearings, thereby allowing the rotor to rotate.
- 20. A treadmill as set forth in claim 19 wherein the stator includes one or more wires that create a plurality of magnetic poles when the motor receives an electrical power,
- wherein the rotor includes a plurality of magnets operable to magnetically interact with the plurality of poles, thereby causing the rotation of the rotor.

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21. A treadmill as set forth in claim 20, wherein the rotor further includes a back iron,

wherein the magnets are coupled to the back iron, and

- wherein the back iron includes a superfluous mass such that, when the rotor rotates, the superfluous mass produces kinetic energy for smoothing a shock load applied to the motor.
  - 22. A treadmill as set forth in claim 21 wherein the back iron is a permeable magnetic metal back iron.
  - 23. A treadmill as set forth in claim 21 wherein the rotor further includes at least one endplate,

wherein the at least one endplate includes a second superfluous mass such that, when the rotor rotates, the second superfluous mass produces additional kinetic energy for smoothing the shock load.

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- 24. A treadmill comprising:
  - a frame:
  - a power supply;
  - a controller coupled to the frame and the power supply;
  - a motor coupled to the to power supply, the motor including
- a shaft and a stator fixedly coupled to the frame by at least one fastener, the stator including one or more wires that create a plurality of magnetic poles when the motor receives an electrical power from the power supply,

first and second bearings coupled to the shaft,

a rotor including a permeable magnetic back iron, a plurality of magnets coupled to the back iron, a first endplate coupled to the back iron and the first bearing, and a second endplate coupled to the back iron and the second bearing, wherein at least a portion of the back iron encircles at least a portion of the stator, and the back iron, first endplate and second endplate include a superfluous mass such that, when the rotor rotates, the superfluous mass produces additional kinetic energy for smoothing a shock load applied to the rotor, and

- a first pulley coupled to the rotor;
- a first belt coupled to the first pulley;
- a roller having a second pulley coupled to the first belt and being driven at a rotational speed that is different than a rotational speed of the rotor; and
  - a second-belt coupled to the roller.
- 25. A treadmill as set forth in claim 24 wherein the rotor includes the first pulley.
- 25 26. A treadmill as set forth in claim 25 wherein the shaft and the stator form a unitary element.